



2016 FITNESS CHALLENGE IS COMING!

One Way Fitness Center will offer a special discount rate for Fitness Challenge



Keep this New Year's Healthy Resolution!

FITNESS CHALLENGE INFO:

- Registration week is February 1st—5th
- The program will run for 12 Weeks.
- The cost is \$15 per participant.
- Results are based on **percentage of weight loss** so that it is fair for all!
- There will be a **weigh-in every 3 weeks** to keep everyone motivated.

You MUST register the week of February 1st—5th to participate in the challenge.

1st place winner will take home 50% of participant fees,

2nd place-30%

3rd place-20%

Workout **on your own or coordinate** with a group.



Registration and Weigh-ins will be held at both Florida Department of Health locations in Gulf County

PORT ST. JOE:

2475 Garrison Avenue, Port St. Joe, FL 32456

8:00 AM - 5:00 PM EST

Ask for Sarah Hinds, 850-227-1276 x 205

Feb 1-5: Registration/Initial Weigh-in

Feb 24-25: 3 week weigh-in

Mar 16-17 3 week weigh-in

April 6-7: 3 week weigh-in

April 29: Final weigh-in

WEWA:

807 Hwy 22, Wewahitchka, FL 32465

8:00 AM - 5:00 PM CT

Ask for Jessie Pippin, 850-227-4193

Feb 1-5: Registration/Initial Weigh-in

Feb 24-25: 3 week weigh-in

Mar 16-17: 3 week weigh-in

April 6-7: 3 week weigh-in

April 29: Final weigh-in

The event is brought to you by the Gulf County Community Health Improvement Partners. "Like" the Facebook page to stay informed: <https://www.facebook.com/gulfcountycommunityhealth>